Train to Win

How do we train to win?

- Tasting Judges - 65 points
- Kitchen / Floor Judges - 35 Points
- Total = 100 points
- Divide by 2.5
  - 24-27.99 = diploma
  - 28-31.99 = bronze
  - 32-35.99 = silver
  - 36-39.99 = gold
  - 40 = gold with distinction

Gold Medals

Focus is on quality food preparation

Example of making improvements. The dishes above were improved by team interaction and great coaching from team advisors.

Army Center of Excellence, Subsistence

US ARMY CULINARY ARTS PROGRAM

Cold Food

- THEME - HOLIDAY, SEASON, REGIONAL
- MENU - GOOD HARMONY BETWEEN DISHES
  - COMPATIBLE INGREDIENTS AND FLAVORS
  - VARIETY OF SKILLS
- EXECUTION
  - CLEAN SLICING, KNIFE SKILLS, GLAZING
  - CORRECT DONENESS, CONSISTENCY

Photos From Olympics 2000

USACAT Teamwork - Marzipan Tree - SGT Villarreal, USAREUR

Glazing
Cold Food

- GRAYS LAKE GELATIN 40 MESH 300 BLOOM
- Tel (1 847-223-8141)
- 12 - 16 OZ OF GELATIN TO 1 GAL DISTILLED H2O
- UTILIZE CHAFFING DISHES AND PLASTIC TRAYS
- 82-88 DEGREES FOR GELATIN THAT IS READY
- 3 COATS ON MOST ITEMS, SOME REQUIRE HERBS
- DIPPING METHOD IS MOST MODERN
- STYROFOAM BLOCKS WRAPPED IN PLASTIC
- COOL ATMOSPHERE, PROPER TEMPERATURES
- TIMING AND TEAMWORK

Proper Planning Drawings and Photos

1. **Saves Time, Money, Confusion**
2. **Product needs, preparation - easier with visual record**
3. **Necessary to ensure you are not duplicating items, techniques, flavors, textures**
4. **Make assembly easier in busy, intense situations**
5. **Insure consistency**
6. **Three-step method - “Gold Medal Standard”**

Proper Planning Drawings and Photos

Proper Planning Drawings and Photos

Proper Planning Drawings and Photos

Garnishing

Functional Batch Garnishes

These garnishes are edible food items that actually enhance the presentation of the product while enhancing the dining experience and value of food on the diners plate. They are normally small diced vegetables that always compliment the flavor of the dish which they garnish. They are always cooked and used heated if the food they garnish is served hot. Cold batch garnish is utilized to garnish cold foods.

Individual Garnishes

These garnishes are intended for single serving sized portions, for example, chicken breasts or fish fillets. They compliment the food they garnish in flavor, temperature, and eye appeal. They should enhance the eating quality and value of the food that the customer sits down to eat at the table.

Garnishing

Functional Batch Garnishes

- **Enchiladas - sliced black olives and green onions**
- **Beef Stroganoff - sautéed mushroom quarters and pearl onions**
- **Chicken A La King - steamed peas, diced celery and carrots**

Individual Garnishes

- **Chicken breast teriyaki - grilled pineapple and green pepper**
- **Grilled steak - sautéed mushroom cap and tomato slice with parsley**
- **Baked herbed flounder with sautéed diced tomatoes, cucumbers, and dill**

Garnishing

- **FUNCTIONAL BATCH**
  - **Maple Glazed Green Beans with Carrots and Almonds**
  - **Roast Turkey Breast with Fresh Chopped Parsley**
  - **Baked Pineapple Glazed Ham with Diced Pineapple Compote**
  - **Chive Whipped Potatoes with Diced Tomatoes and Parsley**
  - **Candied Yams with Orange Zest and**

Garnishing

- **FUNCTIONAL INDIVIDUAL**
  - **– Sweet Potato Duchess with Walnuts, Marshmallows, and Apples**
  - **– Baked Chicken Breast with Glazed Apple Fans an Parsley**
  - **– Dill Baked Fish with Lemon Twists**
  - **– Grilled Steak with Sauteéd Mushroom Caps and Parsley**
  - **– Sweet Potato Pie with Whipped Cream**
  - **– Cheesecake with Strawberries**

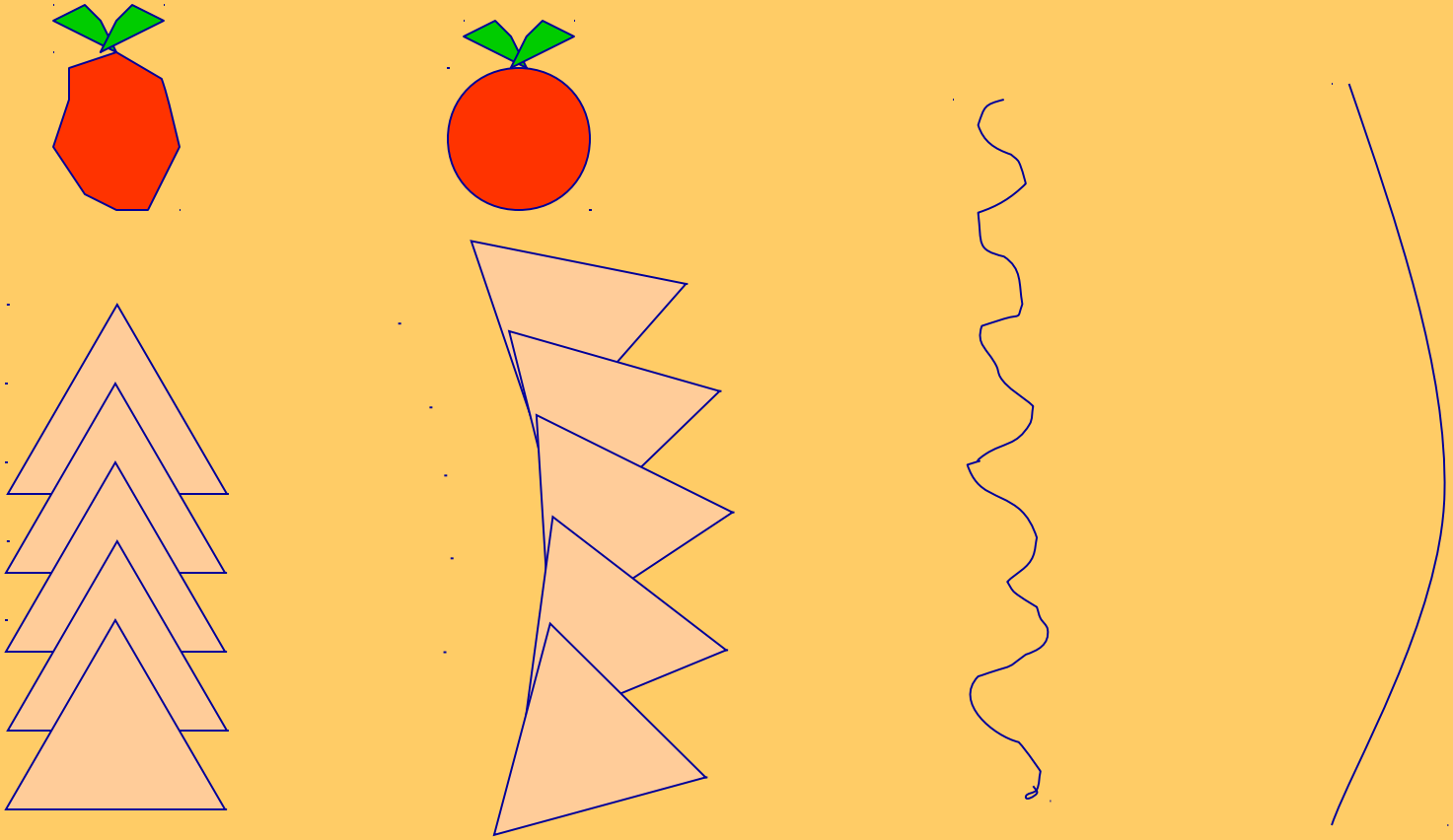
Garnishing

- **DELIVERY SYSTEM**
  - **– Steamship Round with Au Jus, Dinner Rolls, and Creamy Horseradish Sauce**
  - **– Assorted Whole Desserts presented on a table with a server**
  - **– Bananas Foster and Cherries Jubilee with Ice Cream**
  - **– Dinner Rolls presented flowing from a wicker basket with whipped butter**
  - **– Sparkling Cider or Punch from a fountain**
  - **– Shrimp Cocktail served from an Ice Sculpture**

Food Presentation

- Character and Flavor
- Actual Presentation
  - Balance
  - Line
  - Layout
  - Dimension / Height
  - Slicing / Angle slicing
  - Serviceability

Food Presentation



Weak Strong Weak Strong